



Chatswood Hills State School

HPE Philosophy and Age of Competition Policy

This document outlines CHSS HPE philosophy, interschool sports, multi-class, district trial, age groups, Grade 3 transition to senior school and carnival age champion selection, absent nominations for district consideration

We have reviewed our school policy with the formation of the new District zones within Metropolitan East Region to align with district expectations for a clear and consistent approach to competition

HPE Philosophy

The Health and Physical Education (HPE) program at Chatswood Hills State School aims to:

- Foster **sportsmanship** and **team spirit**
- Promote **inclusive participation**
- Cultivate a **lifelong love of sport and physical activity**
- Encourage **positive mental, physical, and emotional health**
- Build **self-confidence, resilience, and self-worth** through structured sporting experiences

HPE at CHSS aligns with the Education Queensland version 9 HPE Curriculum and the Respectful Relationships Program.

Competition is introduced in Junior school (Prep – Grade 2) through role play and games to promote understanding of fair play and supporting others. Students explore and experience scaffolded situations to discover what it means to be graceful winners and supportive in defeat. During school events, Junior school students are encouraged with verbal encouragement and stickers for participation.

Students continue this growth mindset throughout their schooling at CHSS and are encouraged to participate in all school events. During carnivals, to ensure all students get to experience more than a single attempt in field events, qualifying distances are in place to ensure more time is given to student participation and less time is spent measuring. All participating students are awarded house points for their efforts and gain competition experience competing as an individual and as part of a team. Students who do not wish to participate in events from Senior school are still encouraged to contribute to events by nominating and training for meaningful assistance roles at the events. Either through assisting the teacher in charge with measuring and field preparation or through running a tabloid event at the junior carnival. This allows these students to experience successful engagement at large school events.

In Senior school, students build on the strong foundations developed in Junior school to participate as valuable team members with resilience, respect and showing support of others. This encourages maximum participation, understanding and enjoyment of healthy competition in a variety of environments.

These experiences and exposures allow them to develop the 6Cs required for successful participation in lunchtime competitions and in interschool sport during Grades 5 and 6 if they wish to join. We aim to nurture well rounded citizens within and beyond our school community who have healthy perspectives around sport, competition, representative trials, and all future ventures that require the understanding and balance of teamwork, resilience, effort and managing expectations.

Interschool Sports

Interschool Sport is an opportunity for our students in Grade 5 and 6 to participate and compete in different sports with their peers within their local school community. There is 10 – 12 rounds per semester of the sports that are offered. The sports students select from each semester include:

Semester One – Rugby League, Girls Touch Football, Mixed Volleyball, Mixed Soccer.

Semester Two – Boys Basketball, Mixed Touch Rugby League and Mixed Netball.

Sometimes particular sports don't go ahead due to lack of numbers etc. Rarely, in-school trials are held to select teams if numbers are too high for a sport, in this case students are offered their next preferred sport/school-based activity. Students and families participating in interschool sports are required to adhere to our Code of Conduct agreement, complete QParents Consent forms and pay for the cost of buses. Uniforms (jerseys, shin guards, soccer socks, bibs) and equipment are provided by the school. Teachers coach the teams and students are expected to attend one training session (in school hours) per week to help them learn and improve alongside their teammates. Families are welcome to attend games if they wish.

What Friday afternoons look like for grade five and six:

11.50am - 'Sports Bell' rings, all Grade 5 and 6 students move to their meeting point – school-based activities move to that room/teacher (continue to have normal lunch breaks), sporting teams drop their ipad to their coach's room before meeting in the tuckshop area.

12.00pm - Sporting teams board the buses and travel to various schools/venues in our District.

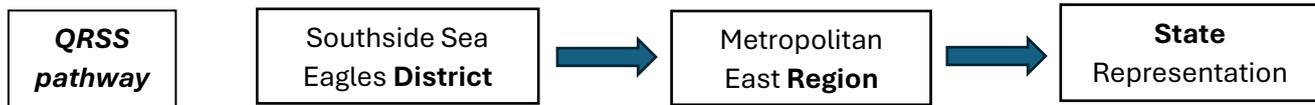
12:30pm – Sporting teams compete against other schools who choose to participate, games are refereed by staff. Lunch is had before/after their scheduled game for that afternoon.

2pm – Sporting teams travel back to school by bus, arriving around home time.

Interschool sport is a cost-effective way for students to experience competitive sport and being part of a team. They can interact with different peers other than their usual classmates, build relationships with different teachers across our school, as well as meet new people from other schools whom they might attend high school with in the future. The way Chatty does Friday afternoons in grades five and six helps to build relationships, sportsmanship and many valuable life skills, on top of learning and participating in a sport. It is a fabulous part of our school culture that provides students precious memories of their time as a student of Chatswood Hills SS.

District Trials

Queensland Representative School Sport (QRSS) provides **competitive sporting pathways** for students aged 10 – 19 in affiliated schools across Queensland. These pathways aim to foster and develop competitive athletes in a wide range of sports. Chatswood Hills State School is one of thirty-two schools in the Southside Sea Eagles District (previously Logan District) for Representative Sport.



At the beginning of each year HPE staff will share the District Trial Calendar with families of applicably aged children that details trial dates for the different sports. The QRSS program offers students with disability the opportunity to participate in the same pathway opportunities classed as multi-class athletes. Students with an eligible impairment type must be classified if they wish to participate in representative school sport multi-class events. This must be completed by families in consultation with the Guidance Officer.

If your child is experienced and excelling in one of these sports and you wish for them to trial for representation at increasingly competitive levels, please ensure you notify the HPE teachers at the start of the year that they turn 10 so that HPE staff can share information accordingly. To participate in District Trials students must be at a **very competitive level**, have principal approval to trial, parents need to be able to transport and support their child through the process as trials often happen after school hours and at varying locations. If students are successful at district level, then they move through to trial at regional level and if successful there, on to trial at state level.

Grade 3 Participation in Senior school sports

Grade 3 is a **transition year**:

- Students shift from the **Junior Athletics Tabloid Carnival** (half-day, class-based) to the **Senior Athletics Multi-Day Carnival**.
- The senior athletics carnival includes:
 - Seeded heats and event finals
 - Track and field events using qualifying criteria
 - Supervision by a teacher (not their classroom teacher)
 - Larger group sizes

Why Grade 3 is transitional:

- First experience away from the highly scaffolded and supervised Junior school games
- Increased wait times between events
- Higher expectations for independence and responsible behaviour
- Development of resilience and adaptability

To foster participation and reduce pressure:

- All Grade 3 students compete within their cohort, regardless of age
- No Age Champion is awarded
- Ribbons and house points are awarded to encourage effort and engagement as per the HPE Awards Policy

Age Groups

The colour shows the group that will participate with/compete against each other at school sport events.

Junior School	Prep	Ages of children in each cohort is NOT a consideration. Focus is on learning how to be a part of a team, follow instructions, participate in activities safely, develop skills of sportsmanship, House Spirit, resilience and a positive understanding of themselves in sporting situations.	
	Grade 1		
	Grade 2		
Senior School	Grade 3	Learning how senior carnivals work – being in large groups rather than just with their class teacher, two-day carnival, competing in track and field events rather than tabloid activities, longer distances at cross country. <ul style="list-style-type: none"> • 9 year olds in grade 3 compete with grade 3 students as they are in grade 3. • The very occasional 10 year olds in grade 3 follow a separate process as below. 	
	Grade 4	9 year olds who are enrolled in grade 4. Please note: <ul style="list-style-type: none"> • no age championship medals awarded to this cohort. 	Not of an age recognised for Representative Sport in Queensland
	Grade 4	10 years	Representative Sport eligible
	Grade 5	10 years	Representative Sport eligible
		11 years	Representative Sport eligible
		12 years	Representative Sport eligible
	Grade 6	11 years	Representative Sport eligible
		12 years	Representative Sport eligible
13 years (Rare occasions, must meet competitive levels)		Representative Sport eligible	

Grade 3 Students Who Are 10 Years Old

Eligibility

- Some Grade 3 students may turn 10 years old during the school year.
- These students are technically eligible for:
 - **District trial representation** (10-year age group)
 - **10 Years Age Champion** at school events

Decision Process

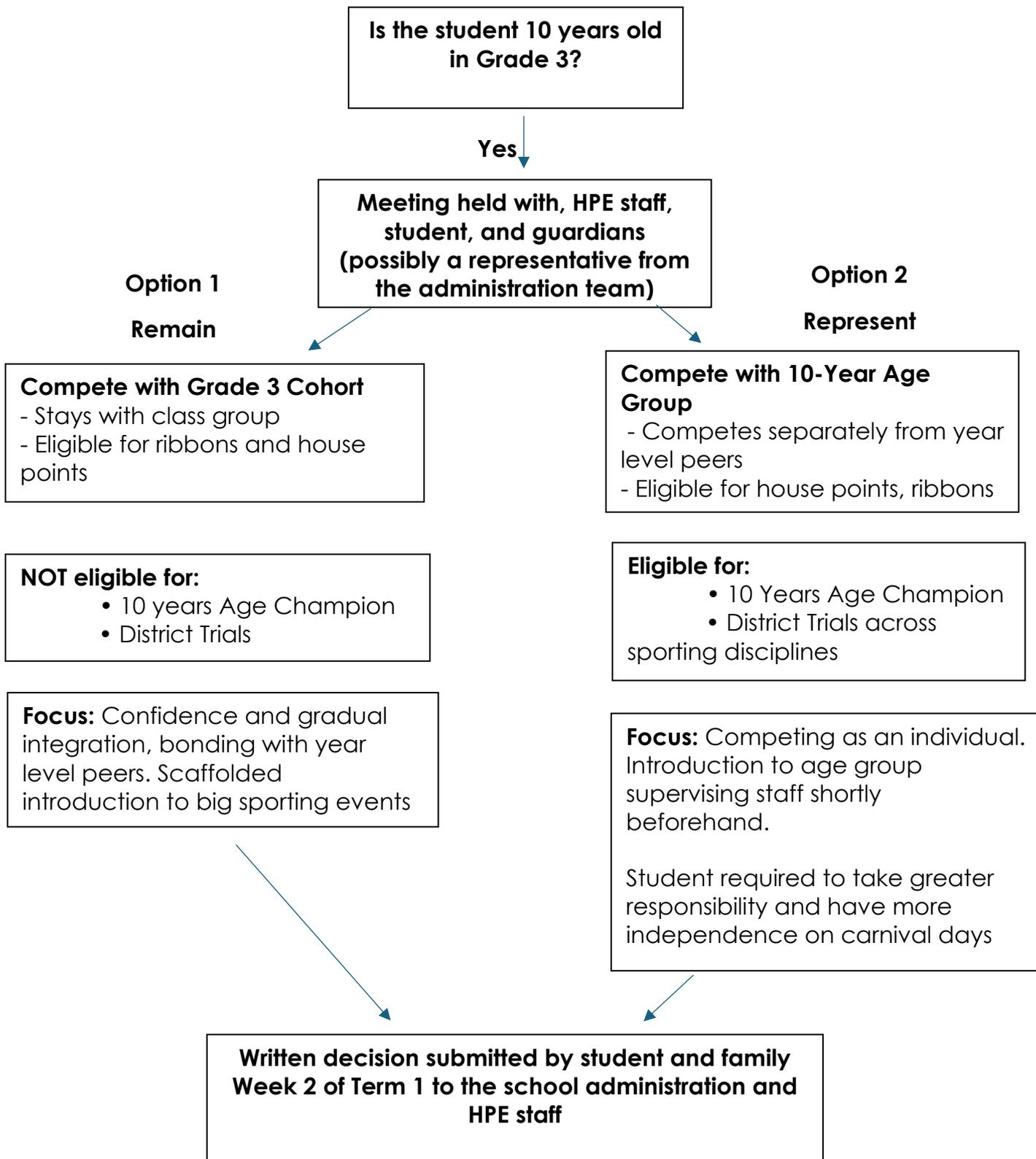
When a student enters Grade 3 and they are of 10 years of age the HPE teacher will contact the family to discuss these options. If required a meeting between administration, PE staff, the student and the guardians of the child will take place at the beginning of the year.

All parties will be made aware of the fact that this student is of age to be eligible for district trials and 10yrs age champion at school events. However, this means that they will be participating independently of known peers which requires maturity and self-confidence.

By week 2 of the year a decision, in writing, must be made. The student will either nominate to remain with their peers in Grade 3 during school competitions – *cross country, *swimming and *athletics carnivals. They will be eligible for ribbons during these events, but they waive their opportunity to represent the school at any district trial. Alternatively, a decision may be made that the student will compete with their age group. In this instance they will compete in only the 10 years events during *cross country, *swimming and *athletics carnivals. Every effort will be made to introduce them to the teacher in charge of the age group and several students in the age group before the event, however more onus is on the student to ensure they are in the correct place to compete. Students will be eligible to represent the school at district trials and will also be eligible for age champion.

*Decision Pathway for 10-Year-Old Grade 3 Students

Grade 3 - 10-Year-Old Decision Flowchart



*Example: Julie is in Grade 3 and is an outstanding netball player, best in her club. She wants the opportunity to trial for a place on the Southside Sea Eagles District Netball team. This is the only district trial she wishes to take part in. **Option 2** would be the choice to have this opportunity.*

Carnival Age Championship

What is an Age Champion?

The Age Champion trophy recognises the student who earns the **highest points** in their age group during a multi-event carnival.

Events where age champions are awarded

- *Swimming Carnival
- *Athletics Carnival

Eligibility

Age Champion trophies are awarded only in **uniform, district-recognised age groups**:

- 10 years
- 11 years
- 12 years

Note: No Age Champion is awarded in mixed-aged cohorts or in ages not recognised for Representative Sport in Queensland (e.g., Grade 3, Grade 4, 9-year-olds or 13 years). Instead, the focus is to encourage broad participation and being part of their sporting house.

*Please note these events do not necessarily take place each year and are organised at the school's discretion.

Carnival points (whole school – towards house points and age champion)

Place	Points
1 st	20
2 nd	15
3 rd	10
4 th	7
5 th	5
6 th	3
All other participation	1

1500m is the only event that does not attract points as it is purely a time trial only to see if any students have times which could be considered for district nominations.

Absent nominations for district consideration

Students must be present and competing on the day, with their cohort, to be eligible for place ribbons and age champion consideration as stated in the Chatswood Hills State School Awards Policy.

Absence due to alternate commitments

Students who are absent due to outside commitments or trials and wish to be considered for a place on the school representative team that progresses through to the district trials, must notify HPE staff in writing (email, seesaw or hardcopy) **at least 3 days prior** to the scheduled school event so measures can be taken for HPE staff to obtain distances and times from the student.

Absence due to illness or injury

Students who are absent from competing at the school event due to illness or injury and wish to be considered for a place on the school representative team at the district trial, must notify the school and HPE staff prior to the 8.25am bell on the day of the event. The student must then be in a fit state to participate for a distance or time to be recorded and be considered before district nominations are due (usually 2 weeks prior to district trials). Students who have had a severe medical condition requiring hospitalisation will need to provide medical clearance to resume physical activity prior to a make-up trial being conducted.